

Arizona State Nutrition Action Plan (AzSNAP)

Navajo Nation WIC Monthly Group Education Table

MONTH and NATIONAL THEMES	GROUP NUTRITION EDUCATION TOPICS FOR FY2005	LESSON PLAN/ ACTIVITIES ASSIGNED TO
OCTOBER Child and Family Health Month Healthy Lung Month	General Topic: "Folic Acid Builds the Blood & Brain" & PSA Child Oriented Group Education Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Pauletta
NOVEMBER National Diabetes Awareness Month Child Safety and Protection Month National Children's Book Month	General Topic: "Fruits & Vegetables – Purchasing Points" Child Session Risk Specific Topic Prenatal Topic	Leota
DECEMBER National Drunk & Drug Prevention Month Safe Toys and Gifts Month	General Topic: "Healthy Habits for Healthy Families" Child Oriented Group Education Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Evie
JANUARY National Birth Defects Prevention Month National Soup Month	General Topic: "Moove to 1% Milk" Child Session: "Moove to 1% Milk" Risk Specific Topic Prenatal Topic	Mary
FEBRUARY National Children's Dental Health Month Safe Heart Month	General Topic: "Cooking with Beans" Child Session: "Cooking with Beans" Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Bessie
MARCH National Nutrition Month	General Topic: "Get a Taste for Nutrition" Child Session: "Get a Taste for Nutrition with Hungry Caterpillar" Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Doris
APRIL National Child Abuse Prevention Month Month of the Young Child	General Topic: "Family Meals: Eat Better/Eat Together" Child Session: "Kids can Help in the Kitchen" Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Mary
MAY National Physical Fitness Month National Salad Month	General Topic: "National Physical Fitness Month" Child Session: "Eat Well Play Hard" Risk Specific Topic Prenatal Topic	Donna

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JUNE National Dairy Month National Fresh Fruit and Vegetable Month	General Topic: "Yaiishjaashchili (Planting of Early Crops)" Child Session: "Fruits & Vegetables Are Many Different Sizes, Shapes & Colors" Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Veronica
JULY National Picnic Month	General Topic: "Fruits & Vegetables – Strive for Five" Child Session: "Five A Day" Risk Specific Topic Prenatal Topic	Jolene
AUGUST World Breastfeeding Week and NNWIC Breastfeeding Promotion Month	General Topic: "Breastfeeding and Family Foods: Loving & Healthy" Child Session Risk Specific Topic Prenatal Topic Breastfeeding "Getting Started" 3 rd trimester Pregnant Women	Roberta
SEPTEMBER National Five-A-Day Awareness Week National Breakfast Month	General Topic: "Making Snacks Count" Child Session Risk Specific Topic Prenatal Topic	Sophia

General Topic:
High Weight/Height – Children and/or Women
Classes for Children – 1 or more x month
Rotate:
Prenatal Topics/Infant Feeding
Breastfeeding – 3 rd trimester
Other Topics as Needed



SUGGESTED GROUP SESSION TOPICS FOR EACH MONTH

Other Ideas:

Incorporate Native Foods

Have nutrition topics presented by guest speakers – EFNEP, Commodity Food Demonstration, Diabetes Program, etc.